3.

On Sleep
and
Dreams.

~~consist~~ in talking, walking, and several other exercises of the body. Talking in our sleep is often connected with a waking state of the sense of hearing - hence we are able sometimes to hold a conversation with such persons, and obtain from them a knowledge of all the secret transactions of their lives. This has been done in the case of a lady in this city, and I have read of an account of its having been done ~~with~~ by a lady in Spain by which means she obtained a knowledge of the secrets of her husband. ~~[illegible]~~ the wasing=
=pozant of what he ~~said the~~ divulged the next day. Now this could not have taken place had the eyes of those persons

v seldom remember ~~their~~ the Dreams.
which occasion their talking
in their Sleep. –

11 Their Actions are most com=
=monly irregular, consisting in
walking in unfrequented, & dangerous
places, or in performing works con=
=trary to their habits, but their Actions
are sometimes regular & rational, of
which Authors relate many wonderful =

been open as well as their ears, or if they had had the use of their Understandings. It ~~shows as~~ furnishes us with an Addi=
=tional proof of the subserviency of the different Senses and faculties of the mind to each Other. Persons who ~~thus~~ walk in ~~Persons~~ in their Sleep are called Som=
=nilloquists. It is remarkable, they

Somnambulists are those persons who walk in their Sleep. ~~Many more Dreadful~~
=exploits ~~are related of them~~. The story of a young man related in the Memoirs of the french Academy who Composed an Oration in a single Night in his Sleep is too well attested to be doubted. Dr Haller assures us that he wrote Verses in his Sleep. I mentioned formerly that Mrs Robertson's "Mania" was

V ~~Mr Pinel~~ It has been remarked that the body and mind are ~~sometimes~~ in a more excited state ~~&~~ in Somnambulism, than in the waking state. Of this Pinel mentions an instance in a young Gentleman who in ordinary health was dull, taciturn & of weak intellects who in his ~~midnight~~ sleeping excursions was active in all his movements, and uncommonly acute & brilliant in his conversation.

The eyes of persons who walk in their sleep are ~~generally~~ sometimes closed, & sometimes open according to the works in which are engaged. They sometimes appear pale, or livid or covered with sweat. The pulse is small - hard & poste~~ornatural~~ly

composed while the was under the influ=
=ence of Sleep from a dose of Laudanum.
The late Revd Dr Blacklock the blind poet
and philosopher of Edinburgh rose from
his bed to which he had retired soon after
dinner, came down stairs - sat down &
supped with his family, conversed with
them with his usual good sense & finally
entertained them with a pheasant song.
- all this being done, he suddenly started
up, and to the surprise of the company
discovered that he knew not what he had
been doing, and that he had been asleep
during the whole time he had passed with
them. V

~~Ge~~ It has been observed that
Somnambulists never remember a

Slow. They sometimes answer questions pertinently, and ~~as in Dreaming~~ they do things of a mischievous or vicious nature, ~~from~~ directly opposed to their ordinary principles & habits. The reason of all these phenomena must be obvious from what was said of the excited state of the faculties in Dreaming. In Somnambulism - the excitement is more diffused thro' all the faculties.

single thing they do in their sleep after they awake, ~~and~~ but what is still more remar=
=kable, they remember in each fit of sight walking every thing they did in the walk of the night before. This has been inferred from the exact order in which they renew and pursue their undertakings. I have been much pur=
=zled to find out the Cause of this curi=
=ous phenomenon in the operations of the mind had I not met with the following history of a case in Connec=
=ticut in a letter from Dr Lathrop of Springfield to the late Revd Dr Stiles President of Yale College in New Haven. This case will ~~[illegible]~~ furnish us

with at last one string of a Clue to guide us into a knowledge of the singular fact that has been mentioned. The letter is dated July 28. 1791.

"A young man in this town says the Doctor

"A curiosity of a different kind, relating to the human species, I will take the liberty to mention.—A young man in this town, some years since, was, in consequence of bathing in water, visited with a peculiar kind of disorder, which operated by paroxisms. When a fit seized him he would at first fall down; but in a moment or two rise, possessed of an agility far superior to what was natural. In two or three hours, and sometimes sooner, the fit would pass off and leave him in his usual state, and, to appearance, in health. But what was most remarkable in his case, was the state of his mind. While he was in a fit, he perfectly remembered things which had occurred in the preceding fits, but nothing which had happened in the intervals, or in the time prior to his disorder. In the intervals, all his fits, and every thing which had passed in them were totally obliterated; but he could distinctly recollect the occurrences of former intervals. The time of his fits appeared to him in continuity, as did also his healthful periods—when one was present, the other was lost. If in the time of a fit, he took up any business, he would drop it when the fit ceased, without any recollection of the matter; and when the fit returned he would resume the business without any idea of his having discontinued it. The case was the same, if he undertook any thing in the intervals of his disorder. In short, he seemed to have two distinct minds, which acted by turns independently of each other. In the space I think of about two years, in the use of a particular remedy, his fits left him and he was reduced to a simple consciousness. The remedy which cured him or deprived him of one of his souls, I have not been able to learn, the family having lost the receipe.

"The above account I received from his father, and from others of the family."

I shall hereafter mention the case of a lady nearly similar to the one I have read, induced by derangement. The motions in the somnambulists, and in the patient whose case I have read to you appear indeed as they depended upon two minds, but they may be explained by supposing they were

derived from preternatural or excessive
motions in different parts of the brain
inhabited by one and the same mind.

Recollect I said when treating upon
the mind, that every act of memory
was produced by a renewal of motions
in the brain exactly the same in degree
and situation with the motions which
first produced the idea or thought which
is the object of memory. Now may
not the reason why the actions
performed in sleep and in the paroxy=
=isms of the disease which I have
described, are not remembered be,
because a sufficient force of im=
=pression is not applied to ~~excite~~

them, or may it not ~~be~~ this force be directed to a part of the brain which is not the seat of that part of the ~~brain~~ mind from whence the actions or ideas that are forgotten are derived?

[or shall we ascribe it to ~~all~~ the mind being according to Dr Gall, like vision, ~~according to Dr Gall~~ a double organ ~~divided~~ occupying the two opposite hemispheres of the cerebrum; as the two eyes, when one of them is diseased, convey different ~~im~~ sensations to the mind, so may not the want of unity ~~of~~ action in the two hemispheres of the brain, produce the phenomena which have been mentioned?] ~~for~~

I shall add two facts which may

serve to throw some further light upon this subject.

The Countess of Laval a French lady was ill of a fever attended with delirium in which she spoke a language with great fluency which none of her attendants understood. An old Welsh woman who had nursed her when a Child was sent for to see her. She understood every word she said. It was the Welsh language which she had learned when a Child, but of which she could not speak a word, before, nor after her recovery.

During my residence in Edin^r I conducted a fellow Student who was too much intoxicated to walk alone to his lodgings after spending an evening in company with ~~the celebrated~~ John Brown

afterwards, the much celebrated Dr. Brown author of a System of Medicine. On our way, my fellow Student spoke to me only in the French language. The next morning when we met at Dr Cullen's lecture, I mentioned to him his uncommon fluency in speaking French. He was much surprised at this information, for although he had learned to speak French when a boy, he had entirely forgotten it for many years. —

Consonant to these facts it has been remarked that madmen frequently remember nothing of what passed when they were deranged, but when they relapse, they distinctly remember the former subjects of their

derangement. We had an insane sailor in our hospital some years ago who believed himself to be an admiral and assumed the authority and consequence connected with that rank in a navy. This man recovered, but relapsed some time afterwards & was again brought in the hospital, when he resumed the conversation and manners of his former paroxysm of insanity. The revival of words or ideas ~~inability to remember the the apparent loss of the subjects~~ once deeply imprinted upon the memory by disease or intoxication seems to depend upon a higher degree of excitement in the seat of that faculty than is common to it in a healthy state.

None of the actions performed by the somnambulists during their fatigue there. This ~~[illegible]~~ shows that they depend upon preternatural excitement in the

brain & muscles. We are never fatigued by the actions we perform in the waking state while we are excited above pas by the stimulus of pleasant passions, or cordial drinks. — [The excitement of the brain & muscles in persons who walk in their sleep is not only excessive but regular. In this they differ from the excitement & motions which take place in the brain in dreams which I have said are of an irregular nature, the former may be compared to the inordinate but regular action of the blood vessels after exercise, while the latter resembles their irregular action in a fever]

I have thus endeavoured to explain the cause of the sleep, and of all the phenomena

that accompany it. ~~Before I proceed~~ Let us pause to mention to its ~~uses~~ in the system, let ~~us pause~~ ~~and contemplate the body in its~~ ~~of sleep to~~ and contemplate the body in its The Subject is an interesting One, and capable of affording the highest entertainment to those who delight in exploring the Wisdom of the Deity in the formation & Oeconomy of the body and soul of man. Before we proceed to mention the uses of sleep, let us pause and contemplate the human body ~~in~~ deserted as it were by its soul in a state of profound or perfect sleep, in which state I have said ~~there was~~ even Dreaming does not take place. ~~It~~ is com= =mon to consign the body to the grave by ~~by a funeral reflections~~ ~~hastily to the~~ ~~ceremonies of that~~ funeral Speeches & reflections.

~~Where now is that~~ Behold! its ~~its~~ eyes are closed, and every sense is insensible to its customary impressions. The Countenance indicates ~~neither~~ neither thought, nor passion, and the whole body ~~resembles its~~ is reduced in the scale of existence to the level of a ~~[illegible]~~ weather cock on a stream of water. Where now is that memory which was filled a few hours ~~imagination that knows the globe~~ ago with ancient and modern knowledge? — Where is that imagination that traversed the globe in the twinkling of an eye? — Where is that Understanding that combined in constant acts of ~~[illegible]~~ judgement & reasoning? — and where is ~~[illegible]~~ is that Will, and where are those passions that diffused their influence through every feature of the face, and every muscle of the body?

all in a state of complete annihilation, as
They are ~~as perished~~ as if they had never
existed, or were never to exist again.

— For what purpose was this ~~punished~~ partial
~~restoration of~~ death imposed upon our
natures? ~~and~~ Why was it made to recur
once in the four & twenty hours? and why
should its duration consume nearly
One third of the short term of our exis=
=tence in this World? — I shall endeavour
to answer each of these questions.

[Sleep serves the purpose of restoring to
a certain degree the
equilibrium of the body] ~~by~~ Thus in persons
who labour during the day, it abstracts ex=
=citement from the brain & diffuses it
through the limbs; and in persons who
sleep the day in study, it abstracts ex=
=citement from the limbs, and diffuses it
~~throughout~~

N 22

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1. I have said Sleep is ~~a disease, and said to be a tendency to death. It is certainly~~ a disease, induced by the predisposing debility, and inequality of excitement which take place from fatigue every night. This disease like a fever is ~~induced by the action of the opium~~ seated chiefly in the ~~blood vessels of the brain~~ and ~~by~~ blood vessels ~~the~~ hence ~~the~~ ~~the~~ ~~seizures of the blood vessels~~ the fulness & force of the pulse which take place in Sleep. By means of ~~this~~ this increased action in the blood vessels ~~favoured~~ aided by the recumbent posture of the body, an equilibrium ~~is induced~~ of excitement is induced in every part of the body.

through the brain. In those cases where the nervous system has been exhausted by sensation, and the muscles by motion, their deficiency of excitement is restored by an ~~influx~~ influx of it from the ~~muscles~~ blood vessels, and where the blood vessels have been exhausted of their irritability ~~by a fever~~ which is the case in certain states of fever, the muscles, nerves and brain divide their stock of excitement with them. Even remote parts of the same systems which have been disproportionably exercised during the day, ~~kindly sympathize~~ become in like manner equably excited ~~during~~ by means of sleep. ~~The~~ I have said that

& the blood vessels are unduly excited,
removes the Chilliness, weakness, &
inequality of excitement which precede
this form of fever, and thus resembles
in every particular, tho' in a higher
degree what the paroxysm of Sleep per=
=forms in a more gentle manner
every night. —

Sleep restores the equilibrium of the body to a certain degree. ~~a greater~~ a greater portion of excitement is collected in the blood vessels than in any of the other systems, ~~and for the~~ and for the purpose formerly mentioned of watching over ~~other~~ and susceptibility these systems during this quiescent & helpless state in sleep. From this use of sleep you see how important an artificial it may be made in the materia medica - for the cure of ~~diseases~~ other derangements of the system as I shall say hereafter depends chiefly upon preserving ~~that in disease~~ ~~other derangements of the system~~, which sleep performs in health - viz equalizing excitement. ~~It is much aided in both cases by a recumbent posture of the body~~ But certain diseases like medicines perform the same thing. Thus a paroxysm of an intermittent in which

2 Sleep affords the power that reproduces excitability, leisure for that purpose. whether ~~this the~~ it be derived from the oxygen of the air taken into the body by the lungs or from our aliments, or from both, I know not, but the fact is certain, more of it is generated in ~~to four~~ an hours sleep, than in many ~~so~~ hours rest in the waking state. In Consequence of this reproduction of excitability the brain, nerves & muscles recover their aptitude to receive impressions which they had lost by the ~~labo~~ studies and exertions of the preceding day. —

3 Sleep favours the assimilation of food, ~~by the blood~~ and the Nourishment of the body, ~~as the~~ the discharge of perspirable matter. ~~and~~ It also

as well as those which occur every night from the ~~so~~ running down of the System.

removes ~~truly~~ light indispositions of all kinds, ~~thus benefiting not only tired, but sick & naturally active~~

These are the effects of Sleep upon the body.

To the mind it affords oblivion of care, ~~& complete~~ repose, and ~~thus enables~~ refreshment & thus enables it to resume the studies & labors of the Day. The refreshment is most complete, when Sleep has not been attended with Dreams.

5 ~~4~~ It restores all the faculties of the mind to their natural order, and thereby fits them for performing their offices with greater truth, certainty, safety & success.

6 ~~5~~ It disolves our associations, or trains of ideas or what I said formerly Hobbs calls "~~the~~ coherence of thought", and thus prevents the consequences of an undue influence of any one passion, or pursuit upon our minds. Without Sleep,

madness would be universal in all cases ~~of~~ in which a strong passion such as grief, love, avarice or ambition or a literary pursuit had taken possession of the mind.

It belongs to Sleep to arrange the moral faculties of the mind in such a manner as to promote virtuous and restrain vicious dispositions. ~~Two men rise from the~~ The ~~two~~ midnight hours ~~in the early~~ ~~and~~ when not devoted to Sleep or Study is generally spent in revelling ~~and at home~~ or in acts of violence and wickedness. Few men rise from ~~their~~ beds in the morning with a disposition to evil. Shakespear knew this connection between Sleep & virtue, and hence he makes M: Anthony to say "Let me have men about me that are Sleek headed - men ~~who~~ that Sleep at nights.

All that has been said in favor of the necessity & advantages of sleep is calculated to show the imperfection of our natures. The supreme Being "neither slumbereth, nor ~~sleeping~~ sleepeth" and happy spirits cease not" day and night" to praise their creator.

~~To~~ From ~~this~~ a review of the benefits of sleep to the body and mind we are led to ~~adopt the sentiment of~~ say with the celebrated german philosopher Mr. Kant "Take away hope & sleep from man, and you make him the most miserable being upon the face of the earth." Let us therefore instead of saying with Cervantes "Heavens bless the man that first invented sleep" ~~"Death" let us more~~ say more devoutly, ~~say~~ Blessed be the Creator of our bodies and souls for the gift of this "tired and sick natures sweet restorer," this balmy anodyne of care & grief, this preventive of intellectual and moral derangement, and this daily reviv-ci~~ator~~ of our Minds from temporary & apparent death.

From the ~~purpity~~ benefits of the diurnal repose of our bodies and minds ~~was are~~

~~[illegible]~~ in sleep, we are led to suppose that the ~~[illegible]~~ weekly rest injoined upon them in the Decalogue ~~once a week~~ was intended for equally ~~the~~ wise and beneficial purposes. ~~It dispelled, for a while, the cares~~ ~~dangers~~ from habits of Study and business, – it restores the vigor of the body and mind, and thus increases the results of their exertions. In favor of this institution it has been remarked, that labor and Study have been most productive in those Countries in which it has been most faithfully observed.

It would seem as if we were made ~~upon the~~ to partake of the nature of a daily ~~[illegible]~~ & weekly ~~to run like~~ an ~~[illegible]~~ Clock, and that our bodies & minds required winding up not only every day, ~~but~~ every week, ~~[illegible]~~, for experience has proved, that if Study & labor

be protracted beyond those ~~that~~ times ~~the~~ the
System languishes for repose. It was
in consequence of the Violence the decades
did to ~~the~~ the weekly revolution of the System [illegible] ~~natures as well as to~~
~~its habits~~ that the Sabbath day was
restored in France. go next page, it remains

[From the ~~benefits of~~ company connection
of a suspension of labor and study with
the vigor and perfection of our ~~bodily~~
bodily and mental organs, which has ~~we are na=~~
~~=turally~~ been mentioned, we are naturally
led ~~one step further~~ to inquire, whether signifies, ~~whether~~
but far more ~~especially~~ beneficial effects may not be intended by
~~into the physical~~ ~~effects~~, ~~of~~ the long repose
which awaits the body in the grave? —
~~may it not be designed to restore the
sensibility and irritability of the System
which have been exhausted by time?
— may it not serve to cure the~~ But
~~she~~ I forbear to enter upon this Subject.

It would lead us ~~from~~ the objects of ~~our~~ our ~~the~~ present course of lectures.

It remains now that I take notice of the Use of Dreams. ~~They~~ ~~do not ever the part~~ They serve an im=portant purpose in the support of animal life during the absence of the stimuli which act upon the body in the waking state, and happily ~~for us~~ they occur most commonly in those ~~to~~ hysterics in which great weakness renders their stimulus most ne=cessary. They serve us according to Dr Darwin, to dissipate an undue proportion of excitability which is sometimes accumulated during the day, and thereby to prevent Delirium, or Convulsions from the first impression

of the stimuli of the morning light upon the senses, & 3.dly they serve to indicate the approach, existence & nature of many diseases.

I know other uses are ascribed to them. ~~by physicians and divines to~~ ~~among the formers~~ ~~they the advocates~~ of ~~food~~ physicians & certain sect have supposed they are dictated by a principle they call Anima medica, which watches over ~~the health of~~ the body in ~~Darkness~~ sleep, as well as in sickness & health. Thus we are told by Pliny that Cornelius Rufus dreamed that he was blind, and awoke without sight. He had probably a sensation in his eyes which produced his dream. Galen ~~to~~ relates the case of a man who dreamed that ~~his~~ one of his legs was converted into a

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stone. He ~~had~~ awoke with a palsy of that leg. He had probably felt a pain accompanied with a coldness of that limb which produced his dream.

Dreams of drowning it is said have attended a dropsy of the brain, but ~~this~~ these have arisen probably from a sensation in the head exciting ~~by~~ aspiration with the knowledge of its sometimes being induced by water - and from this, ~~the~~ transition to drowning is perfectly natural. These explanations of the causes of those dreams will be readily admitted by recollecting what was said formerly that their specific nature is much influenced by the nature of the impressions that are made upon the body during sleep.

~~Instead of indicating what is to come, they should be considered as indicating what is,~~

~~that is the present state of the system~~

But error upon the subject of dreams is not confined to physicians. ~~many~~ Super-stition in all ages has ascribed ~~to~~ them to divine influence, and has supposed they are often intended to admonish us of future events. After the explanation I have given of their cause, little need ~~to~~ be said to prove they have no more connection with supernatural influence than ~~the~~ ~~circulation of the blood or~~ any other disease of the body or mind. ~~and~~ Where dreams and events have appeared to be related, it should be ascribed to the same kind of accidental coincidence that takes place between events and our waking ~~thoughts~~, for they depend exactly upon the same cause. We think nothing

extraordinary ~~the~~ whether good or evil
that occurs in the course of our lives
which we have ~~the~~ anticipated, or thought
of in our waking state; - why then should
we consider the events that are thus
related to our dreams as the effects of
an interposing supernatural power?
- In those few cases in which there
are said to be premonitions of death,
I believe they are generally excited by ~~some~~
~~latent disease~~ an impression ~~from~~ from
a pain or disease ~~too~~ feeble to produce
waking, but strong enough to produce by
~~association~~ the natural association of the ideas of
disease and death, a belief ~~in~~ of ~~an speedy~~ the latter
being at hand. ~~The Death~~ The mortality of this disease
by the terror of the dream. I shall only is perhaps aided

add, that we hear of ~~only~~ of those cases only in which death is ~~supposed~~ said to follow a supposed premonition of it in a dream, but many hundred cases ~~as~~ where death & the dream are not connected, ~~as particular~~ passing=ticed, or perish from the memory. —

Here Gentlemen we take leave for a while of the faulties & operations of the mind in the waking and sleeping states. Permit me again to recommend ~~the study of~~ them to your future attention. I will not say that every disease is a compound of body & mind, but I will say there is scarcely a general dis=case in which you will not derive great advantages from a knowledge of the history of the mind, and that those physicians will always be most successful in curing diseases who call in the aid of the mind as one of the channels thro' which they are conveyed into the body, or conveyed out of it.